

ABSTRACT OF THE DISCLOSURE

A wireless communication terminal adaptively controls a forward data rate based on a channel status and with regard to a delay time existing between the detecting of the channel status and transmitting the data. An adaptive data rate control (DRC) method includes steps
5 of receiving a pilot signal from a base station; detecting a channel status by measuring a power level of the received pilot signal; calculating a delay time, the delay time equaling a time interval indicative a pilot signal and reception of a data signal; determining a target forward data rate based on an offset value corresponding to the delay time; and transmitting a value indicative of the target forward data rate to the base station. The forward data rate is
10 requested in consideration of the delay time.